Diet Diary

BPK 110

Name: Tracey Ho

Date: Day 1, Friday Sept 11, 2020

Time of day	Food/Beverage (Detailed Description)	Amount (Quantified & Specific)	Method of Preparation	Activity while Eating	Reason for Food Choice
7:30 am	Chocolate cereals Milk (1 %) Blueberry Yogurt	1 cup 1 cup 150 g	Purchased from Safeway Cereal with 1% cold milk	Sitting at dining table	Quick to prepare & eat
1 pm	Sesame sauce noodle with Wonton (5 pieces) Home made cranberry juice	1 bowl 5 pieces of wonton wrapper (20 g of carbs) 2 ½ pieces of fresh shrimps (4.5 g protein) 1 tbsp of ground pork (6 g fat) 1 tbsp of chopped onion (2.5 g fibre)* 1 cup	- Boil hot water, put noodle + wonton into a pan until it cooked. - Boil frozen cranberries with water + a pinch of sugar	Sitting at dining table with family members	Hungry
7 pm	Taco shells with Japanese rice + Beef (small slices) Nibblet corn + Shredded cheese	4 oz ¾ cup ¼ cup ½ cup ¼ cup	Put rice + beef + corn + water into a rice cooker. When it cook, put all ingredients into the taco shells, add cheese on the top.	Sitting at dining table with family members	Time to have dinner, habit
All day	Water	5 cups	Boiled water	All activities	Thirsty

*www.calorieking.com

Table 1

Diet Diary

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Name: Tracey Ho

Day 2, Saturday, Sept 12, 2020

Time of day	Food/Beverage (Detailed Description)	Amount (Quantified & Specific)	Method of Preparation	Activity while Eating	Reason for Food Choice
11 am	Pistachio Mango mousse cake (homemade)	2 oz (28 g) 1 slice	Purchased from Costco Arrowroot biscuit crust, whipping cream with sugar, fresh mango + fresh mango juice with gelatine	Sitting on a dining table	Tasty and easy snack
2 pm	Organic roasted seaweed snack Raspberries-Pomegranate Greek yogurt	3.4 g (about 7 pieces) 100 g	Purchased from Costco and Safeway	Sitting on a sofa while watch YouTube	Tasty and easy snack
7 pm	Barramundi (fresh fish) Chocolate (Ferrero Roche)	100 g 1 piece	Stream fish with soy sauce Purchased from Costco	Sitting on a dining table with family members	Dinner time
All Day	Water	5 cups	Boiled water	All activities	Thirsty

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Name: Tracey Ho

Day 3, Sunday, Sept 13, 2020

Time of day	Food/Beverage (Detailed Description)	Amount (Quantified & Specific)	Method of Preparation	Activity while Eating	Reason for Food Choice
10:45 am	Raspberries-pomegranate Greek yogurt	100 g	Purchased from supermarket	Sitting on a dining table	Breakfast and tasty food
1 pm	Burger (1/4 pound beef) French fries (Medium size) Soft drink	1 sesame seed bun Quarter pound patty of ground beef 2 dill pickle slices 1 teaspoon chopped onion 1 tbsp ketchup 2 slice of cheese 1/2 tbsp of mustard a pinch of grill seasoning 30 pieces of fries (deep fries) 12 oz	Prepared by McDonalds restaurant	Sitting on a outdoor table with family member	Hungry
7 pm	Rice 1 egg Nibblet Corn	1 cup 1 large egg ¼ cup	Stream rice + stream egg + corn into a rice cooker	Sitting on a dining table with family member	Dinner time, habit Tasty and enjoy ice-cream

Table 1

	Ice-cream vanilla	0.5 cup	Ice-cream purchased from supermarket		
All Day	Water	5 cups	Boiled water	All activities	Thirsty